



USAG Brussels Fitness Center

Mon - Fri 5 am - 8 pm

Sat, Sun 9 am - 4 pm

Holidays 7 am - 5 pm

STRONG WOMEN FITNESS CLASS - Come learn how to keep your bones and body healthy! **FREE** class focusing on weight lifting and nutrition tips, every Tuesday and Thursday from 12:15 - 1 pm

SPIN CLASS AT THE FITNESS CENTER - Come spin away those extra unwanted pounds at this **FREE** class offered every Monday and Thursday from 6 - 7 pm

STEP AEROBICS AT THE FITNESS CENTER - Come get fit and have fun with your friends at the USAG Brussels Fitness Center. This **FREE** class is led by one of our certified aerobics instructors who will get your blood pumping and whip you into shape every Wednesday and Friday from 6 - 7 pm

FREE YOGA CLASS AT THE FITNESS CENTER - Feeling stressed? Need to center your Chi? Or if you just need a good stretch, stop by the USAG Brussels fitness center every Monday, Wednesday, and Friday from 10 - 11 am

BODY PUMP CLASS AT THE FITNESS CENTER - Come join your knowledgeable and friendly USAG Brussels fitness center staff for this **FREE** class offered every Tuesday from 6 - 7 pm and every Saturday from 9:30 - 10:30 am
Class focuses on strength training and cardio.

USAG Brussels Fitness Center, Bldg 3, 2nd floor.
All classes are free! Please call 02-717-9667